

# Cannon's California Rolls

**Makes:** 7 Servings

“Cannon created this recipe because he loves eating fruits, vegetables, lean protein, and whole grains,” says Cannon’s mom, Amanda. “He couldn’t always eat whole grains because of a rare food allergy that he’s since outgrown. Cannon also has a very rare genetic disorder called Mosaic Trisomy 14 and Uniparental Disomy 14, so eating healthy and exercising is a top priority for us! Cannon has been making this recipe for a little over a year, changing things along the way. Living in California, we are so lucky to have a variety of fruits and veggies that are easily accessible.”

## Ingredients

- 1 **teaspoon** salt
- 2 fresh lemons, juiced
- 1 **1/2 pounds** chicken tenders
- 1 avocado, peeled, pitted, and thinly sliced
- 1/2 cup** low-fat Greek yogurt
- 1/2 cup** toasted sliced almonds
- 1/4 cup** raisins
- 1 apple, peeled, cored, and chopped
- 2 **teaspoons** chia seeds
- 1 celery stalk, finely chopped
- 2 green onions, peeled and thinly sliced
- 8 whole-wheat tortillas or thin, wide slices of cucumber

## Directions

1. **In a large stockpot**, combine 4 cups of water with ½ teaspoon salt and the juice from 1½ lemons. Bring to a boil over medium-high heat and add the chicken. Cover with a lid, reduce heat, and simmer for 10 minutes or until the chicken is cooked through. Drain the water and shred the chicken.



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>389</b>
<b>Total Fat</b>	<b>16 g</b>
Saturated Fat	4 g
Cholesterol	62 mg
<b>Sodium</b>	<b>638 mg</b>
<b>Total Carbohydrate</b>	<b>31 g</b>
Dietary Fiber	8 g
Total Sugars	8 g
Added Sugars included	N/A

2. **Meanwhile, in a large bowl**, combine the avocado with the Greek yogurt. Add the almonds, raisins, apple, chia seeds, celery, green onions, and remaining lemon juice and salt. Add the chicken and mix well.
  3. **Dividing evenly**, spread the chicken mixture on a tortilla or in the cucumber slices and roll up. Slice the tortilla into bite--sized pieces or secure the cucumbers with a toothpick. Serve with grapes or your favorite fruit or veggie!
- The 2016 Healthy Lunchtime Challenge Cookbook